

# THE TAKEDOWN

*The latest news and updates from Anoka Youth Wrestling*



## ANOKA WRESTLING



### OFF TO A GREAT START!

#### Mandatory Parent Meeting

**This meeting is mandatory for ALL parents (new and old)!  
Tuesday, November 19th**

Time(s) 6:00pm and 7:15pm - you only need to attend one  
Location: Anoka High School - Rm. G-172  
Board members will guide parent to meeting room.

#### Vouchers

\$50.00 Wrestling Vouchers will expire December 31st.  
"Use 'em or lose 'em".... [www.jrwrestling.com](http://www.jrwrestling.com)  
If you have not picked your voucher up, please reach out to a board member.

#### Picture Day

Picture Day is on December 4th  
3rd-8th Grade: Arrive at 5:45pm pictures to start at 6:00pm  
Pre-K-2nd Grade: Arrive at 6:30pm pictures to start at 6:30pm  
Group Photo: 6:45pm

**Please remember to bring your wrestling shoes!**

Shirts, shorts, and socks will be distributed upon arrival.

**PLEASE BE ON TIME!!**

### IMPORTANT DATES:



**November 19  
Mandatory  
Parent Meeting**



**November 19  
Wrestle-Off  
Sign-ups due**



**November 20  
Wrestle-Offs**



**December 4th  
Picture Day**



**December 31  
Gear Vouchers  
Expire!**

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## WRESTLE-OFFS



### LAST CHANCE TO SIGN UP TO WRESTLE OFF

Sign up sheet will be posted in the wrestling room.

Cut-off time will be 8:00pm on Tuesday, November 19th.

**Requirements:**

- Be on time! You will forfeit the right to wrestle-off if you are not on time.
- Sign-ups to wrestle off will be posted during practice. The cut off will be at the end of practice on Tuesday November 19th. Walk-Ins will not be accepted to wrestle-off.
- You must be within 10% of your chosen weight class at time of wrestle-offs.
- You must be able to attend ALL team tournaments selected by your coach. Tournament Dates: December 27-29th & January 12th

### WEDNESDAY, NOV. 20TH 6:00-7:00PM

There will be another opportunity to wrestle off towards the middle of the season

## Meet Head Coach (Pre-K-2nd) Chris Meisch



Chris Meisch is head coach of our Pre-K 2nd grade wrestlers. He has been with our youth program for several of years and does an impressive job of focusing on basic fundamentals, skill development and providing a fun and rewarding experience for each wrestler.

Coach Chris does his best to interact with each child and encourages the other coaches to try and work individually with each child on the mat. This year 51 wrestlers enrolled in the Pre-K - 2nd grade session. Thank you Coach Chris for being a coach our wrestlers want, need and deserve.

***If you are an experienced wrestling parent and are wanting to volunteer to help out on the mat during practice, please reach out to Coach Chris***

## LOCAL TOURNAMENTS:

### Tournament Info & Calendar:

<https://theguillotine.com/open-tournament-calendar/>

*"We as a wrestling community better remember it is more than one individual that makes a winner."*

-Dan Gable

